

**ABSTRACT OF THE DISCLOSURE**

A method for recording data on an optical disc, includes detecting optimum writing power from a test area on the optical disc; determining whether or not a current writing power is within a predetermined allowable range set with reference to the detected optimum writing power; and performing a writing operation with the writing power controlled to maintain a reflection signal level corresponding to the detected optimum writing power when the current writing power is within the predetermined allowable range, and performing the writing operation with the writing power controlled based on power update information when the current writing power is not within the predetermined allowable range.